



## Coconut Shrimp with Tamarind Ginger Sauce



Vegetarian



Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



669 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 1 teaspoon cayenne
- ☐ 0.8 cup beer dark (not )
- ☐ 2 teaspoons dijon mustard
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ginger fresh finely grated peeled
- ☐ 1.5 tablespoons mild honey

- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 0.7 cup mayonnaise
- ☐ 0.5 teaspoon salt
- ☐ 10 ounces coconut or sweetened flaked
- ☐ 1 teaspoon tamarind concentrate
- ☐ 6 cups vegetable oil

## Equipment

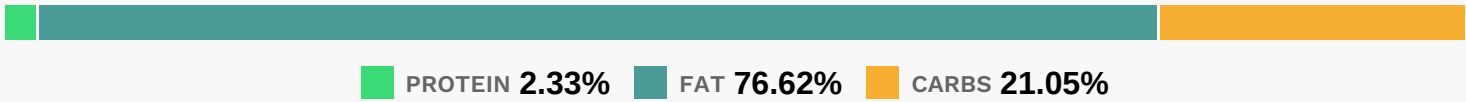
- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ slotted spoon

## Directions

- ☐ Whisk tamarind concentrate into lime juice in a small bowl until dissolved. Stir in remaining sauce ingredients and chill, covered.
- ☐ Coarsely chop coconut and transfer half to a shallow soup bowl or pie plate.
- ☐ Whisk together flour, beer, baking soda, salt, cayenne, and egg in a small bowl until smooth.
- ☐ Heat oil in a 4- to 6-quart deep heavy pot over moderately high heat until it registers 350°F on thermometer.
- ☐ Hold 1 shrimp by tail and dip into batter, letting excess drip off, then dredge in coconut, coating completely and pressing gently to help adhere.
- ☐ Transfer to a plate and coat remaining shrimp in same manner, adding remaining coconut to bowl as needed.
- ☐ Fry shrimp in oil in batches of 8, turning once, until golden, about 1 minute.
- ☐ Transfer with a slotted spoon to paper towels to drain and season lightly with salt. Skim any coconut from oil and return oil to 350°F between batches.
- ☐ Serve shrimp with sauce.

\* Available at Latino and Indian restaurants and at Kalustyan's (212-685-3451).

# Nutrition Facts



## Properties

Glycemic Index:45.22, Glycemic Load:11.05, Inflammation Score:-5, Nutrition Score:11.01173889637%

## Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 669.44kcal (33.47%), Fat: 57.43g (88.35%), Saturated Fat: 16.76g (104.75%), Carbohydrates: 35.5g (11.83%), Net Carbohydrates: 31.38g (11.41%), Sugar: 16.88g (18.76%), Cholesterol: 31.09mg (10.36%), Sodium: 491.86mg (21.39%), Alcohol: 0.86g (100%), Alcohol %: 0.4% (100%), Protein: 3.93g (7.86%), Vitamin K: 90.89µg (86.56%), Manganese: 0.47mg (23.3%), Vitamin E: 3.45mg (22.99%), Selenium: 13.98µg (19.97%), Fiber: 4.12g (16.48%), Vitamin B1: 0.14mg (9.41%), Folate: 35.72µg (8.93%), Iron: 1.51mg (8.36%), Phosphorus: 75.41mg (7.54%), Vitamin B2: 0.13mg (7.45%), Copper: 0.14mg (7.08%), Vitamin B3: 1.34mg (6.72%), Magnesium: 25.97mg (6.49%), Potassium: 181.79mg (5.19%), Zinc: 0.5mg (3.33%), Vitamin A: 152.46IU (3.05%), Vitamin B5: 0.27mg (2.67%), Vitamin B6: 0.05mg (2.49%), Calcium: 14.69mg (1.47%), Vitamin B12: 0.08µg (1.37%), Vitamin C: 1.1mg (1.34%), Vitamin D: 0.16µg (1.08%)